

The Senior Spirit

Groundbreaking News!

After narrowing down the original 20 applicants for the Design Build process for our New Community and Senior Center, we are pleased to announce the 3 Teams who will be entering into a Design Contest to construct this important facility. The 3 Design Teams are as follows:

- ◆ Core Construction / TSK Architects
- ◆ Turner Construction Company / H+K Architects
- ◆ Clark & Sullivan / NTD Architects / BJG Architecture and Engineering

We are excited to see what their proposals are!

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Please join us for the next historic step in this process with the

## Groundbreaking Ceremony for the Douglas County Community and Senior Center

Friday, October 19th, 2012\*

Herbig Park

*across the street from Lampe Park  
1324 Waterloo Lane in Gardnerville*

10:00 am until 12:00 pm

Oktoberfest Theme

Gourmet Sausages, Hot Dogs

and refreshments will be served at the park.

\*Please note: the Senior Center will be closed. Ceramics, Exercise, and Bingo are cancelled and lunch will be served at the Ceremony.



October 2012



## Green Thumb Garden Club

**Date:** Monday, October 22nd

**Time:** 10:00 am

**Where:** Plant It Nursery

**Guest Speaker:** Heather Kahabka will talk about gardening with bulbs



## Knitting, Crocheting & Needle Point

This group meets every Monday at 9am to create various projects and have a good time. If you are interested in joining us, please contact Linda Sawtelle at 783-7278.

## Watercolor Class



Watercolor classes continue at the Senior Center on the 2nd and 4th Thursdays of the month from 9am-12pm. Each class is just \$20 and all supplies are included. To sign up or for more info, please call instructor, Lada Trimble at 882-6061.

## Resistance Exercise

This group meets Monday, Wednesday and Friday in the Senior Center Lobby at 10:30am. It is free!



## Did You Know...?

**\*\* Do you struggle with sight impairment or blindness?** Come join our Sight Impaired Support Group to see what devices are available and gather info about who and what may be helpful. This group meets the first Thursday of the month at 10:30am in the Senior Center's Ceramics Room. For more information, please call 783-6455.

**\*\*Need a Notary?** For just \$5 per person, our very own April will notarize your signature. All proceeds benefit Meals on Wheels. **Be sure to call for an appointment at 783-6455.**

**\*\* Ted Thran & Sondra Condrón** visit the Senior Center on the 2nd and 4th Mondays of the month from 10:30am - 12pm to take renewals and answer questions about **DMV Services**.

**\*\* The Health Nurse will be visiting the Senior Center and the TRE Community Center this month to provide FREE Blood Pressure Checks.** To have your Blood Pressure checked, come to the Senior Center on Friday, Oct. 19th from 10:45-noon or to the TRE Community Center on Tuesday, Oct. 16th at noon.





## **Do you have Internet access?**

The newsletter is ready on the first of the month. Be the first to see it by signing up for our e-news list!

If you would like to have the newsletter emailed to you as soon as it is completed please send an email titled "Newsletter" to:

[areid@co.douglas.nv.us](mailto:areid@co.douglas.nv.us) and I will be happy to add you to the list!

## **Game Answer...**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | 1 | 9 | 8 | 4 | 2 | 6 | 7 |
| 6 | 8 | 9 | 2 | 7 | 1 | 5 | 3 | 4 |
| 2 | 4 | 7 | 6 | 5 | 3 | 1 | 8 | 9 |
| 3 | 7 | 8 | 1 | 2 | 6 | 4 | 9 | 5 |
| 4 | 1 | 2 | 3 | 9 | 5 | 6 | 7 | 8 |
| 9 | 5 | 6 | 7 | 4 | 8 | 3 | 2 | 1 |
| 8 | 2 | 5 | 4 | 3 | 7 | 9 | 1 | 6 |
| 7 | 6 | 3 | 5 | 1 | 9 | 8 | 4 | 2 |
| 1 | 9 | 4 | 8 | 6 | 2 | 7 | 5 | 3 |

## **Look Who's Having A Birthday...**

**1st** Gary Hagg, Jean Hurford, Beatrice Presto, Paul Sha, Lee Wendt

**2nd** William Coleman, Robert Collins, Barbara Eldert, James Farley, Moe Mazaheri, Roberta Radtke, Gacinta Ruelas, Shirley Snyder, Barbara Terry

**3rd** Arlene Jones, Lynda Kirby, Leslie Koenig

**4th** Margaret Christeson, Ernie Crowley, Carol Fletcher, Rosemary Johnson, Betty Luoma, Robert Waters

**5th** Nance Dickson, Betty Hundieser, Les Mugford, Barbara Schilling

**6th** Marilyn Austin, Patricia Harrington, Valerie Kidney, John Roberts

**7th** Kenneth Cummings, Susan Schwanke, Betty Smith, Marjorie Williams

**8th** Joseph Marangi, Gerald Muliner, Christina Solorzano

**9th** Chuck Barrett, Kenneth Ferdiai, Ray Hildebrand

**10th** Gary Bough, Phyllis Erickson, Robert Farley, Joseph Salinas, Loris Schollaert, Sharon Shrum

**11th** Marjorie Barnett, Shirley Davis, Francine Dubouis, Pat Griggs, Daniel Pacenka, Ray

Smith, Kenneth Witham

**12th** Nita Kennedy, Ted Pannell, Sylvia Pannell, Donna Parker, Ruby Treloar

**13th** Joanne Ingham, Jim Jameson, Lois Jean Johnson, Alice Lamb, Star McKimmey

**14th** Daniel Galano, Joanne Grant, Betty Harris, Richard Kellenberger

**15th** Lois Cardarelli, Henry Comoletti, JoAnna Hall, Sherry Harrison, Robert Onken, Beverly Osborn, Willem Waterloo

**16th** B. Brixen, Lucille Slattery, Ellen Stevens, Mary Ann Vido, Jean Wilson, Charles Wolle

**17th** Ron Clark, Luella Dever, Claudia Faulk, William Willis

**18th** Marion Barritt, Marie Davis, Patti Jessup, Jack Johansen, Mary Lethridge, Doris Lockwood, Nellie Luna, Mary Moore, Sandra Offenstein, Reba Scholefield

**19th** Richard Gangwish, Judy Huck, Deanna Kojder

**20th** Darlys Fankhouser, Lauriano Guterrez, Noel Hendrickson, Barbara Koster, Roy Stephenson

**21st** Clyde Wilson



**22nd** Wanda Crowe, Kathy Deitch, Roland Gysen, Lowell Mitchell, Harriett Palmer, Mary Patterson, Betty Swartwood, Janice Tenorio

**23rd** Ruth Benischek, Wanda Dotson, Al Gherardi, Karen Kerley, Jeannette Long, Ronnie Park, Arlis Paslay, Bob Schenzel, Lois Sorensen, Dennis Usry

**24th** Carol Cooper, James Crawford, Camille Faccini, Charles Gardner, George Ness, Barbara Rudz, Patricia Wheeler

**25th** Joanne Smith

**26th** Jim Donley, Ginger Firestone, Elaine Lawson, Nancy Mosinika

**27th** Edgar Barnes, Shirley Jones, Harold Matsler, Roy McCain, Karen Prime

**28th** John Brooks, Fran Elisarraras, Carol Haack, Catherine Hopkins

**29th** Jerry Daniel

**30th** Laura Hancock, Mary Esther Harding, Albert Von Flue, Maryanne Lane

**31st** Darlene Eisele, Harriett Keffer, John Manzo, Roberta Wilson



*Happy  
Birthday  
to You,*

*Happy  
Birthday  
to You,*

*Happy  
Birthday  
Dear Seniors,*

*Happy  
Birthday  
to You!!!*







# YAH HAPPENINGS



## What is Young at Heart?

Young at Heart (YAH) is a nonprofit organization that raises funds for the Douglas County Senior Center's needs and sponsors events and groups that benefit our Seniors.

## What do we do?

Events we sponsor include: Weekly and Monthly Bingos, 90+ Birthday Meals, Mother's Day Flowers, Father's Day Treats, 50/50 Birthday Raffles, Bake Sales, You-Pick-It Raffles, Christmas Craft Fair, Christmas Party, and Christmas Gift Bags for Homebound Seniors.

We support the Hot Soup Program, Adopt an Elder Project and The Sight Impaired Support Group. In addition, we manage the YAH Gift Shop.

Each year the Center and the Kitchen give YAH a "wish list" of items that are not covered by the budget. YAH tries to fulfill those wishes, such as: purchase of an Inventory Control Program for the kitchen, upgrades on our dining room speaker system, purchase of the dining room furniture, purchase and repair of the walk-in freezer and so much more!

Our most important job in the next three years will be to provide funds to help equip our new Senior Center, scheduled to open by 2015.

## How do I Join?

Your membership COUNTS! Membership for Seniors is only \$3 per year. Joining or renewing your YAH membership is easy! Just visit our Gift Shop Monday through Friday, 9:30am to 12:00pm and sign up.

Thank you for your support! Your membership makes a difference for our community.

## YAH Gift Shop

Have you been to the YAH Gift Shop lately? You can do a little shopping for fun gifts or just something for yourself. Find ceramics, jewelry, candy, blankets, and so much more! Come on in to check it out.

**OPEN**  
**Monday through Friday**  
**9:30am to 12:00pm**

## YAH *Community Bingo*



@ the Senior  
Center  
**Sunday,**  
**October 21st**

**Progressive Pot:**  
**\$450.00**

**& 53 numbers**  
Doors open at noon

# TRIAD Senior Education Seminar

Douglas County Nevada TRIAD in conjunction with Carson Valley Medical Center will conduct their annual free Senior Educational Seminar on Wednesday, October 10, 2010 at the Carson Valley United Methodist Church, 1375 Centerville Lane in Gardnerville. The theme of this year's seminar is **"Scams and Fraud Targeting Seniors"**.

The seminar will commence with a continental breakfast at 7:30 AM. The morning sessions will begin at 8:30 with presentations by specialists in the prevention of scams and fraud against seniors.

The subjects are:

- ◆ Elders, Depression and Fraud
- ◆ Targeting Senior Citizens
- ◆ Abuse & Neglect of Elderly and Vulnerable Persons
- ◆ Federal Fraud and Scams
- ◆ Identity Theft
- ◆ Relaxation: A Survival Guide for Seniors

Lunch will be served at by TRIAD. The Seminar will be concluded at 3:30 PM. CEUs are pending for Social Workers and Nurses.

This seminar is primarily designed for nurses, CNA's, professional and family caregivers, social workers, administrators and seniors, but it is open to all of those who might be interested in the subject matter. There are limited seats, consequently, pre-registration by October 3, 2012 is required.

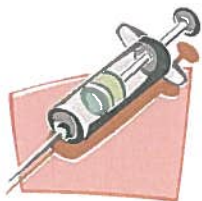
Registrations forms may be obtained at the Douglas County Senior Center, Douglas County Sheriff's Office or Carson Valley Medical Center. You may also register via e-mail at

[triadseniored@cvmchospital.org](mailto:triadseniored@cvmchospital.org) or FAX at (775) 783-6457.

For more information call Diana Malekos at (775) 783-4914.

## Flu Shots @ the Senior Center

It is that time of year again! Those who would like a Flu Shot may come to the Senior Center. The Department of Health and Human Resources will be here on two days to administer shots. Please complete your questionnaire before your chosen date for your shot . Forms are available in the office. Please be sure to bring your insurance and/or Medicare card upon sign up. Medicare will be billed or the shot is \$20.



**Dates:**  
**Wednesday, October 10th**  
**or**  
**Thursday, October 11th**  
**Time:**  
**10:00am –12:00pm**



*All trips and activities are open to the public and are filled in a first-come first-served basis.*



## “Jersey Night’s” at the El Dorado



This spectacular evening of music and delight will depart the Senior Center at 1:00 pm on Sunday, October 14th. We will start our adventure with the 3 o’clock show followed by dinner at the buffet. This trip is full with a waiting list at this time. To add your name to the list, just call 783-6455 or come in to the info desk in the Senior Center Lobby.



## Halloween Costume Contest



On Halloween, we will descend on the Senior Center in all our costumed splendor. The parade will start at 11:40 am and we will have prizes for the Spookiest, Funniest and Most Original costumes. All costumed contestants should gather in the Senior Center lobby at 11:30. If you don’t enjoy dressing up, you may still participate as a judge. Please see Amanda if you are interested.



## Community Dance



Come join us for an evening of music, dancing and fun at the Senior Center’s next Community Dance which is scheduled for Thursday, October 4th at the Senior Center from 6-9 pm.

**Singles and Couples are welcome!**

Entrance is just \$5 per person and you can dance the night away to live music played by Don and Nadine! Please see Amanda if you have any questions.

**Hope to see you there!**



## Important Senior Services Programs

### Congregate Dining:

Lunch is served each Monday-Friday at 12 pm at the Senior Center. The suggested donation for lunch is \$2.00 for anyone 60 or older, and \$3.50 for those under 60.

### TRE Congregate Dining:

Congregate Dining is provided each Monday, Tuesday and Thursday at the TRE Community Center located at 3939 Carter Way in Topaz Ranch Estates. The suggested donation for lunch is \$2.00.

### Homemaker Assistance:

The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and limited personal care assistance. The suggested donation for this service is \$3 per hour. 783-6455

### Meals on Wheels:

All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$2.00 per meal. 783-6455

### Senior Companions:

Senior Companions are volunteers who may drive you to an appointment or keep you company during the day. The suggested donation is \$3 per hour. Call 783-6455 for a list.

### Transportation:

Transportation is provided for all seniors 60 and older. Round trip medical transportation is available. **Due to demand, we request a minimum 2 day notice on appointments to ensure service.** Call 783-6456.



Are you looking for an opportunity to volunteer?

Come on in to the Senior Center and find out how you can help us keep our programs running.

## Important Contacts In Our Community

Aging and Disability Services Division 687-4210  
Alzheimer's/Dementia Support: 883-0703 ext. 223  
Barton Hospice: 782-1510 or 782-1530  
Crisis Call: 800-992-5757  
DART Transportation: 783-6455

Douglas Cty. Community Health Nurse: 782-9038  
Elder Abuse: 800-992-5757  
Energy Assistance: 684-0731  
Family Support: 782-8692  
Fire Department: 782-9996  
Food Closet: 782-3711  
Grief Support: (530) 543-5605

Guardianship: 721-1239  
HUD Housing: 887-1795  
Nevada Job Link: 684-0400  
Senior Legal Helpline 877-693-2163  
Senior RX: 687-8711  
SHIP: 800-307-4444  
Social Services: 782-9825  
State Welfare: 684-0800



*"Let your fingers do the walking"*

## Mark Your Calendar...

### October 2012

2nd Rag Time Band  
4th Sight Impaired Support Group 10:30 am  
4th Community Dance @ the Senior Center 6-9pm  
6th Sertoma Bingo  
8th Board Meetings  
8th DMV Rep 10:30am  
9th Piano Time  
10th Birthday Day

10th TRIAD's Annual Senior Education Seminar  
10th & 11th Flu Shots at the Senior Center 10am  
11th Watercolors 9am  
14th Jersey Nights Trip 1p  
16th Rag Time Band  
18th Senior & Community Center Ground Breaking Ceremony 10am @ Herbig Park  
21st YAH Bingo

22nd DMV Rep 10:30am

23rd Piano Time

25th Watercolors

26th Nevada Day - Senior Center Closed

30th Rag Time Band

31st Costume Parade 11:30

### November 2012

9th USO Celebration

12th Veteran's Day - Senior Center Closed





# Its October ...

## Celebrate Your Fall Favorites!

October is the beginning of fall favorites – cool days, chilly nights, hot apple cider and your favorite sweater. October is also National Apple Month, Eat Better, Eat Together Month and Spinach Lovers Month. October is a great time to celebrate your favorite fruits and vegetables because ... More Matters!

### Eat Better, Eat Together Month



Now is the perfect time for adults to eat meals with their children and celebrate family meals. Children and teenagers enjoy having time to share, find out what others have been doing, and to laugh with their family. Why not use this time to teach your kids to eat healthy? Include lots of fruits and vegetables. Let your kids pick out a new fruit or vegetable to try at dinner, you may be surprised by what they pick! Try new recipes from other cultures or countries

and see what produce items they use in their dishes. Share your favorite family recipes or traditions with your kids and invent new ones to pass along!

### National Spinach Month

Spinach is a leafy vegetable with broad deep green leaves, full of nutrition. This vegetable is a cool season annual crop. Spinach is rich in vitamins and minerals, particularly folate (folic acid), vitamin K, magnesium, and manganese. It also contains more protein than most vegetables. Spinach can be consumed raw or cooked. Baby spinach leaves are especially good in salads. Spinach cooks very quickly and doesn't need added water. Just place it in a pan, cover, and simmer for two to four minutes until it wilts; spinach is also excellent when steamed or sautéed in olive oil with garlic for three or four minutes. Spinach is a good addition to soups and stews that contain beans, pasta, or potatoes or to any kind of curry dish.



### National Apple Month



See how many ways can you use an apple. Try a fresh apple crisp, homemade apple cider, apples with caramel or fruit dip, apple turnovers, apple salad (little fat free mayo, raisins and shredded carrots), homemade applesauce, dried apple slices or baked apples. Try a fall family outing and visit a local apple orchard and pick your own apples. A healthy after school snack can be apples and peanut butter, or apple smiles – just add a few marshmallows and enjoy!



# Zwetschenkuchen - Plum Cake

## Ingredients

2 cups flour, sifted  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
2 teaspoons sugar  
2/3 cup butter  
2 egg yolks  
1/3 cup water  
Breadcrumbs



## Topping

2 lbs plums (fresh is best but if using  
canned plums, omit sugar)  
1 cup sugar  
2 egg yolks  
2 tablespoons sugar  
2 tablespoons cream

## Directions

1. Sift dry ingredients together.
2. Cut in butter and well mixed, make a well in the center; add egg yolks and

water and mix well.

3. Turn out on a well-floured board and knead for a few minutes.
4. Place in refrigerator to chill for one hour before using.
5. When cold, roll dough into a thin sheet and cover bottom of 13 x 9 inch cake pan.
6. Sprinkle with bread crumbs and dot generously with butter.
7. Mix the egg yolks, sugar and cream together; reserve.
8. Wash plums, cut into halves and remove stones.
9. Arrange fruit in rows on top of the bread crumbs.
10. Sprinkle with 1 cup of sugar; pour cream mixture over the top.
11. Bake in 350F oven for 45 minutes.

\*\*\*\*\*

## COUNTY COMMISSIONERS—

*Lee Bonner (Chairman), Nancy McDermid (Vice Chairman), Doug N. Johnson, Greg Lynn, and Michael A Olson*

## SENIOR ADVISORY BOARD MEMBERS—

*Bob Cook (Chairman), Kevin Servatius (Vice Chairman), Andrea Rajeski (Secretary & YAH Representative), Tom Ingham (Council Member), Felix Lockwood (Council Member), Robert Schultz (Council Member), John Swain (Council Member), Steve Mokrobisky (County Manager), Scott Morgan (Community Services Director) and Travis Lee (Manager of Senior Services).*

## YOUNG AT HEART BOARD MEMBERS—

*Marion Barritt (Vice President), Howard Althouse (Treasurer), Paul Lockwood (Secretary), Eileen Clark, Esther Hildebrand, Annette Muller, Vonnie Smith, Vicki Spieleder, John Swain, Bob Cook (Senior Advisory Board Rep), Travis Lee (Manager of Senior Services), Scott Morgan (Community Services Director), Carol Wilson (Community at Large Member #1) and Cindy Petersen (Community at Large Member #2).*

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Please remember:

Due to the large number of meals served daily, we are not able to accommodate "special orders."

However, you may request a diet dessert, a "half-portion" or "no bread" with your meal.

All food that is not served is packaged for Meals on Wheels.  
Thank you!

Thought of the month:

*"When witches go riding,  
and black cats are seen,  
the moon laughs  
and whispers,  
'tis near Halloween."*



~Author Unknown



\* Sudoku \* Sudoku \* Sudoku \*

The rules to play Sudoku are quite simple... Fill in the blanks so that each row, each column and each of the nine 3x3 grids contain one instance of each of the numerals 1 through 9.

I recently heard on TV that doing Sudoku may help strengthen memory. And it is fun, too! Find the answer on page 3.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   | 4 | 2 | 6 | 7 |
|   | 8 | 9 | 2 |   |   |   | 3 |   |
| 2 |   |   | 6 | 5 |   | 1 |   |   |
|   | 7 |   |   | 2 |   | 4 |   | 5 |
|   | 1 |   | 3 |   | 5 |   | 7 |   |
| 9 |   | 6 |   | 4 |   |   | 2 |   |
|   |   | 5 |   | 3 | 7 |   |   | 6 |
|   | 6 |   |   |   | 9 | 8 | 4 |   |
| 1 | 9 | 4 | 8 |   |   |   |   |   |